

The City of San Diego Park and Recreation Department

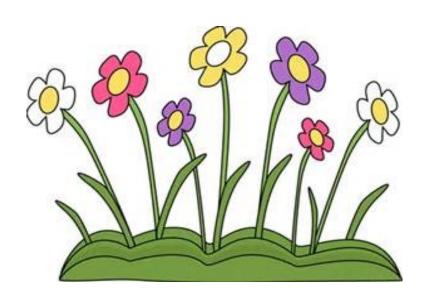
"To Provide Healthy, Sustainable and Enriching Environments For All"

Tierrasanta Recreation Center

11220 Clairemont Mesa Blvd. San Diego, CA 92124 (858) 573-1393

www.sandiego.gov/park-and-recreation/centers/tierrasanta.shtml

Spring 2016



Hours of Operation

Monday	12:00pm - 9:00pm
Tuesday	10:00am - 9:00pm
Wednesday	12:00pm - 9:00pm
Thursday	10:00am - 9:00pm
Friday	2:00pm - 9:00pm
Saturday	9:00am - 4:00pm
Sunday	10:00am - 4:00pm

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECRECREATION DEPARTMENT CONTACT THE DISTRICT MANAGER (619) 235-1155 OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

REGISTRATION

Payment Policies

- ◆ Effective September 8, 2015, service fees will apply as follows for all transactions. For online registration, \$2 transaction fee and 3% Processing fee will be charged for every transaction. For in-house registrations, \$2 transaction fee will be charged for every transaction. Rates are established by the service provider and are nonrefundable.
- Children under 18 must be registered by a parent/legal guardian.
- Exact cash, check and *credit cards* accepted.
- ♦ \$25.00 fee for all returned checks.
- Class fees are <u>not</u> prorated after class begins.
- Resident Resides in the City of San Diego. Property taxes are paid to the City of San Diego.
- Non-resident Resides outside of the City of San Diego.

Refund Policies

- Refund request must be submitted prior to 2nd class meeting. Sorry, no exceptions.
- ◆ A \$10.00 service fee will be charged per registrant for each refund request. An additional transaction fee will be applied to refunds of credit card payments.
- Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. Unfortunately, if you or your child is unhappy or does not participate after the refund deadline, we are unable to process a refund or transfer.
- If your child has a medical emergency (not a regular or routine illness) and cannot participate in class, please contact staff as soon as possible.

Requirements for Independent Contractors

All contractors, sub-contractors and volunteers must be finger-printed through the City of San Diego Live scan process. Contractors must submit a business license and proof of insurance. City staff handles all registration for the program. Participants will *Register Online at www.SDRecConnect.com*. Contractors must provide Worker's Comp coverage for all employees.

Permit Holder Requirements

Must provide proof of insurance. Must provide own advertisement for program. Registration handled by the permit holder. Note: Permit holder is not required to submit proof of fingerprinting for their coaches, volunteers, and/or instructors. All Permit Holders are identified with a # in this program. Appointments strongly suggested for permits.

TIERRASANTA RECREATION COUNCIL

The Tierrasanta Recreation Center is a public facility, operated by the City of San Diego and the Tierrasanta Recreation Council. The council meets the 2nd Thursday of each month (except August and December) at 6:30pm.

Recreation Center Closures

Cesar Chavez Day March 31 Memorial Day May 30 Independence Day July 4 Labor Day September 5

On-site Registration Hours

Monday 4:00pm - 7:00pm Tuesday 3:00pm - 6:00pm Wednesday 2:00pm - 5:00pm Thursday 1:00pm - 4:00pm

SUPERSTAR GYMNASTICS



Kid's feel like champions in Superstar Gymnastics! Boys & girls welcome. Enthusiastic and experienced staff will provide a 6:1 or less student to teacher ratio.

Tuesday

April 19 - May 24 \$106.00 for Six (6) weeks

Instructor Katie P: (619) 804-6677 www.superstargymnastics.com



DIAPER DARE DEVILS

Children will explore movement and play with the participation of caretakers. Taught by experienced instructors, group activities will include parachute play, lummi sticks, sing-alongs and more!

Ages: 1.5 - 3 years 3:00pm - 3:45pm

LI'L STARS

Gymnastic skills are taught as students improve strength, motor skills and flexibility. Fun with parachute games, lummi sticks & exciting themes!

Ages: 3 - 5 years 3:50pm - 4:35pm

SHOOTING STARS

A high energy gymnastics circuit of instruction that promotes fun and learning. Develops skill levels, strength and flexibility.

> Ages: 6 - 10 years 4:40 pm - 5:25pm

Register Online at www.SDRecConnect.com

YOUTH



Saturday

March 5 - April 9 \$101.00 April 16 - June 4 \$134.00 March 5 - June 4 \$212.00

Tiny Movers Tap/Ballet

3 - 4 years 10:15am - 11:10am

A tap and ballet class combined with dance games. Children learn basic dance and motor skills, musicality and rhythm in creative ways.

Star Shiners Tap/Ballet

4.5 - 6 years

11:15am - 12:10pm

A combination ballet and tap class that will keep your child moving while developing listening, coordination and dance skills.

For more information visit: www.dancetoevolve.com or Email: info@dancetoevolve.com or Phone: (858) 876-LEAP (5327)

Register Online at www.SDRecConnect.com

America's Youth Outreach Program

Low Cost Youth SELF-DEFENSE Karate & Safety Awareness Program

Friday

March 4 - May 27

Ages 5 years and up

5:00pm - 8:00pm

(New Students 5:00pm)

For more information visit: **www.ayop.org** Phone: (619) 282-3066

KIDS NIGHT OUT



Friday
April 22

5:00pm - 9:00pm

Ages 6 - 12 years

- Games and Relays
- ♦ Movies/Snacks
- ♦ Arts and Crafts
- Pizza/Hot Dogs
- Karaoke/Skits

Register Online at www.SDRecConnect.com

FINE ART CLASSES for KIDS

Thursday March 10 - April 28

\$90.00 for Eight (8) weeks

Supplies Included!!!

FINE ART FOR KIDS 3:30pm (5 - 8 years)

FINE ART FOR OLDER KIDS 4:30pm (9 - 12 years)



Learn to draw and paint the way famous artists do! Make Andy Warhol bugs and Georgia O'keefe flowers. Project: Matisse cut paper art

For more information call Instructor June Rubin at (858) 229-4571

Register Online at www.SDRecConnect.com

Tierrasanta Youth Basketball

K - 8th Grade
All Skill Levels Welcome!!





\$100.00

\$115 after June 17 (Includes uniform and award) (Discounts available for 3 or more siblings)

Registration: May 1 - June 17 Season: July 11 - August 26

Divisions

K - 2nd Grade: Coed (Mighty Mites) Boys: 3/4th, 5/6th, 7/8th Girls: 3/4th, 5/6th, 7/8th

*Mandatory assessments for 3rd - 8th graders only

For more information call (858) 231-2225 or register online at www.TierrasantaHoops.com



CAMPS



ACA ACCREDITED!

Johnny B's Inc Daycamp

Serving San Diego families for over 35 years!

Afterschool Daycamp

(After school until 6:15 pm) \$85 per week

Vacation Camp

(7:00 am - 6:15 pm) \$160 per week

Ask about our New Primary Program Second location opening in September 2016!

No Registration or Membership Fees! Discounts for Siblings!



For more Information: Call 619.200.2230 • www.JohnnyBsInc.com

MUSIC





SMALL GROUP GUITAR LESSONS

Wednesday

March 23 - April 20

April 27 - May 25

\$80.00 for Five (5) weeks

Ages 8 years and older

BEGINNING GUITAR

5:30pm - 6:30pm

A five week class introducing the basics of guitar playing. Basic chords, strums and picking will be the focus.

INTERMEDIATE GUITAR

6:30pm - 7:30pm

A five week class for those who have taken the Beginning Guitar class and want to further their skills and knowledge.

For more information call Instructor Lesley Alexander at (858) 204-5697



Register Online at www.SDRecConnect.com

SMALL GROUP PIANO LESSONS

March 29 - June 3 \$130.00 for Ten (10) weeks Ages 5 years and older



Beginner and intermediate levels learn the basics of reading, counting, and playing your favorite piano tunes. Each student receives about 10-15 minutes of individual instruction per class. Potluck recital will be held on the final Friday of the session.

Tuesday

6:15pm - 7:10pm 7:15pm - 8:10pm

Thursday

1:00pm - 1:55pm 2:00pm - 2:55pm

<u>Friday</u>

6:20pm - 7:15pm 7:20pm - 8:15pm For more information call Instructor Stewart Simon at (619) 229-9429



Register Online at www.SDRecConnect.com

ADULT



GENTLE YOGA

Monday

March 7 - April 4 April 11 - May 9 May 16 - June 20

6:00pm - 7:15pm \$35.00 for Five (5) weeks

This is a class for teens, young and older adults. Yoga is for everyone regardless of age, size or gender. Gentle yoga will increase your
flexibility, improve your muscle strength and teach you to connect
with your body and breath. Come make a commitment to take good
care of yourself on Monday nights! Class meets in the Hexagon
building. Bring a blanket, mat and/or towel.

For more information call Instructor Jen Edwards at (858) 243-4238 or Email: ctrgrrrl@aol.com

Register Online at www.SDRecConnect.com

GET FIT with Lesley Norris



ACE Certified Group Fitness Instructor Lesley Norris has 30 years experience as a Personal Trainer, Health Coach and Advanced Fitness Specialist. Register for one class or sign-up for all three!!

March 7 - May 25

\$79 1x/week

\$129 2x/week

\$167 3x/week

Fitness Yoga

Monday 6:30pm - 7:30pm

A user-friendly, total body workout experience with flowing sequences to create length and strength. Gentle restorative stretches and meditations create harmony and vitality within.

Cardio Dance

Thursday 6:00pm - 7:00pm

Get a great workout with dance routines that have been choreographed specifically to the words and rhythm of the songs, followed by core exercise to trim and tone.

Body Conditioning

Tuesday 6:00pm - 7:00pm Saturday 9:00am - 10:00am

A great class with a combination of cardio and strength training! Format and equipment change weekly.

For more information call Lesley at (858) 472-6211 or Email: lesleyn@att.net. Visit: www.rightsizefitness.net and facebook.com/rightsizefitness

Register Online at www.SDRecConnect.com



NEW ERA BASKETBALL LEAGUE

Monday & Thursday

League starts March 21

10 Week Season Single Elimination Playoffs

B & C Divisions Monday C & D Divisions Thursday

League Fees \$250 per team + \$36 per game

To For more information call Bailey Lee (858) 254-0111 or Email: sdboassociation@gmail.com





SENIOR WORKOUT

Monday and Wednesday



March 2 - May 30 1:00pm - 3:00pm

Join Instructor Nikki Salmon for this fun and challenging workout class for seniors. Seated and standing exercises that work all major muscles and joints are specifically selected to enhance independent living skills and aimed to ease performing activities of daily living.





For registration and information call Nikki at (619) 388-1800 or visit: www.sdce.edu

SPECIAL EVENTS

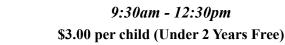


Bring a Basket!

SPRING EGG HUNT

SATURDAY, MARCH 26

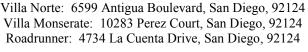
(a) KUMEYAAY ELEMENTARY SCHOOL



Games, Bunny, Arts and Crafts, Giant Slide, Jumpers, Clowns, Face Painting and Egg Hunt!!



NEIGHBORHOOD PARKS





All City of San Diego parks and beaches are smoke free.

Tierrasanta Community Pool	www.sandiego.gov/park-and-recreation/ centers/aquatics/tierrasanta.shtml	(858) 636-4837
American Youth Soccer Organization	www.ayso152.org	
Tierra Canyon Girls Softball	www.tierrasantasoftball.org	
Tierrasanta Community Council	www.tierrasanta.cc.org	
Tierrasanta Foundation	www.tierrasantafoundation.org	
Tierrasanta Tennis Club	www.tierrasantatennisclub.net; audall@Tierrasantatennisclub.net	(858) 278–3009
Tierrasanta Cougars Pop Warner Football	www.info@tierrasantacougars.com	
Tierrasanta Jr. Women's Club		(858) 573–2648
Tierrasanta Kiwanis	www.tierrasantakiwanis.org	(858) 268–0044
Tierrasanta Little League	www.TierrasantaLittleLeague.org	
Fusion Soccer	www.sdfusionsc.com	
Vapor Trails #203 Toastmasters	www.vaportrailstm.com	(858) 565–0337

The City of San Diego neither sponsors nor endorses this information, leagues, activities or organizations. Distribution of this material is provided by the City as a community service. Any questions or comments should be directed to the sponsoring agency or instructor.

THERAPEUTIC RECREATION SERVICES

All Activities accommodate people with disabilities. Upon availability, Therapeutic Recreation Services staff will provide additional assistance from recreation staff requiring a three week advance notice. An assessment will be made to determine if a one-on-one aide is needed. Therapeutic Recreation Services is a Citywide Program that provides recreation opportunities for people with disabilities.

More information is available by calling them at (619) 525-8247 or (619) 525-8249TDD.

VOLUNTEERS

There are many volunteer opportunities throughout San Diego's Park and Recreation Department. For volunteer opportunities, please call (619) 533-4017 or visit: www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml

DONATIONS

By donating to the Park and Recreation Department you can help to enrich the lives of others by improving the quality of the parks and programs. For more information on how to donate please contact Center Director Michael Mogge at (858) 573-1394.



